WHY NOT BAIL OUT CLIMATE? SUZUKI, PG 12

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Celebrity Buzz

Milano files restraining order

pg 18

Highway havoc everywhere

TRAVEL Snow hit areas surrounding the city, causing havoc on highways leading in all directions.

Didsbury RCMP closed the northbound lanes of the Queen Elizabeth Highway last night, diverting traffic around a serious collision.

Canmore RCMP issued a tow ban to the Banff Park gates and Cochrane and Turner Valley RCMP issued road warnings all through the day to warn drivers against making unnecessary highway trips.

Snow plows and sanding trucks worked through the night to make sure roads were in better condition for travellers as the work week began.

METRO CALGARY

World pg 9
More riots in Greece

Workology pg 15
Saving chimps, one at a time

Sports pg 13
NFL makes its Canada debut

Canada pg 8
Soldiers' bodies return

On the web

Afghanistan coverage
• See metronews.ca/canada

ROBIN KUNISKSI/FOR METRO CALGARY

This city bus getting stuck yesterday was one of hundreds of traffic mishaps resulting from slick roads caused by snowfall.

Winter pileup

NEIL MACKINNON
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As the snow piled up yesterday in the first real arrival of winter in Calgary, so too did vehicles all over city streets.

Calgary police responded to more than 100 collision calls, and an influx of 40 injury-related calls — between 9 a.m. and 2 p.m. — left Calgary EMS in a red-alert situation, with not enough ambulances to meet the need for about five minutes starting at 12:58 p.m.

"It was certainly hectic and concerning," said EMS' Paul Lapointe, noting it was the first Sunday "in a long, long time" the service went into red alert. "But we're counting our blessings, at least this first big snowfall was on the weekend and not a weekday, which could have been much worse."

A majority of the injuries were minor sprains and strains, Lapointe said, adding on the average Sunday at that time they have to deal with about two collisions.

Calgary's roads department sent out a total of 75 sanding trucks and nine loaders to deal with the accumulation and buildup, which Environment Canada expected to hit 15-centimetres by day's end.

"But we didn't get the chance to deploy any of the anti-icing trucks because we didn't anticipate this kind of storm," said Lorie Boychukof the roads department.

"We were just doing what we could to deal with ice buildup and making things as safe as possible."

By 2:30 p.m., all of Calgary's most used thoroughfares, those with an average of 20,000 vehicles or more, had at least a once-over of sand and salt, and the department had made its way to secondary streets.

Slippery stuff

• Between 9 a.m. and 4 p.m. yesterday, Calgary police responded to 180 property-damage collisions.
• EMS was on red alert with an influx of injury calls.

Pros, cons of $4M for turf to be debated

COUNCIL Sales of healing ointment and adhesive bandages will rise with the adoption of more artificial turf playing fields for Calgary athletes, according to one sports-equipment specialist.

City council will debate the merits of allotting $4 million in possible Municipal Sustainability Initiative funding today to facilitate more artificial turf opportunities for local athletes.

University of Calgary kinesiologist Darren Stefanyshyn said the city will get what it pays for and if they choose to cheap out, more injuries will come as a result.

"It can be better for impact absorption than normal grass fields and you will get much more use out of it in its lifetime," said Stefanyshyn. "But you're going to have more rashes and burns associated with falling, that's just the reality of artificial turf."

In a business case calling for seven new artificial turf fields, the Calgary Soccer Federation said their project would cost around $15.2 million, and they've already put forward $205,000 of their own money into studying it.

"There are so many kids in this city that want to play soccer and we don't have enough fields," said Ald. Diane Colley-Urquhart, who authored the motion.

"With artificial turf, we can avoid the 20 or so days a year that they get rained out."

NEIL MACKINNON/METRO CALGARY

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Steinke found guilty
Jurors took 11 hours to find Jeremy Steinke guilty Friday of three counts of first-degree murder. Steinke was convicted of killing a Medicine Hat family in 2006. METRO CALGARY

Local

"In the eventuality of a new federal election, she will be in a very difficult situation to keep her seat."

Chaldeans Mensah, political analyst at Grant MacEwan College, on lone Alberta New Democrat MP Linda Duncan's chances of winning re-election after the recent formation of a coalition with the Liberals. Duncan is shown at left. METRO CALGARY

News in brief

RALLY In conjunction with 11 other cities across the country, Rally for Canada drew as many as 3,000 people who flooded Olympic Plaza on Saturday to protest a possible coalition government. Tory Immigration Minister Jason Kenney joined the crowd, some of whom were hoisting Stephen Harper election signs and others with slogans decrying the Liberal/NDP plan to eject the Conservative minority from power. METRO CALGARY

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WHAT'S ONLINE TODAY

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Saturday, Dec. 6
Lotto 6/49: 4, 8, 29, 37, 40 & 48 Bonus 45
These results are not official.

Hockey risk higher in Alberta

Study shows more peewee injuries versus Quebec league

KRISTA SYLVESTER
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Alberta's young hockey players are 2.5 times more susceptible to injury then their Quebec counterparts, according to a University of Calgary study.

But that shouldn't be surprising, since Alberta allows body checking at the peewee level and Quebec doesn't, president of Hockey Calgary Perry Cavanagh said.

"That's just common sense when you have two players running into one another. But it's hockey, and injuries occur whether it is intentional or accidental," Cavanagh said.

With that said, he added, kids are allowed to hit at the peewee level between the ages of 11 and 12 because that's the age research supported.

"The kids are taught how to properly give and take hits, and how to protect themselves."

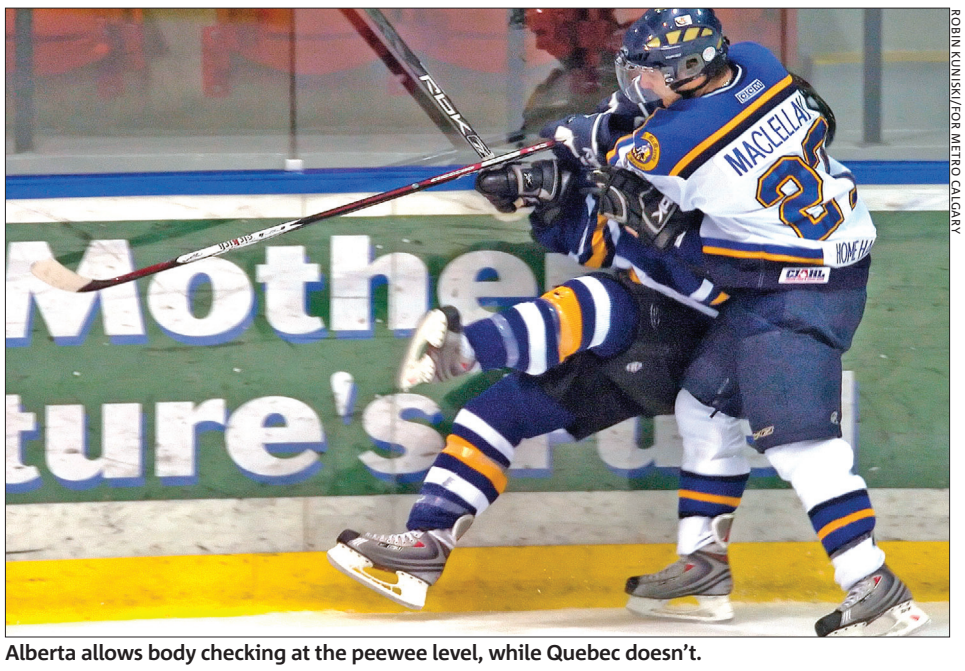
U of C worked with Laval University in Quebec City and McGill University in Montreal to track 3,800 players between Alberta and Quebec to compare the frequency and types of injuries.

Minor hockey coach Jeff Fox said he supports checking in peewee and he hasn't seen many injuries as a result.

"My kids are in lacrosse, too, and they do full contact from the start there, at an even earlier age," he said.

Mom Anita Fischer leaves it up to her children to choose whether they will play in contact.

"The one wasn't ready for it and my other son is all for checking, so I think it depends on the child," she added.



ROBIN KUNISKI/FOR METRO CALGARY

Alberta allows body checking at the peewee level, while Quebec doesn't.

U of C hikes tuition fees

POST SECONDARY Students are outraged and worried about a 4.1 per cent tuition hike levied by the University of Calgary on Friday.

While second-year engineering student Mike Green understands the school has costs, he doesn't understand why they are increasing the fees the maximum amount allowed by the provincial government.

"It just doesn't seem right. I know they have costs, but so do we and that's a lot of money for a student, especially with the current financial situation," Green said.

U of C said they need to increase tuition for revenue to help cover operating costs.

Grade 11 student Crystal Menu is worried about whether she will be able to attend U of C when she is ready to go.

"They raised tuition last year by a lot, too, and it seems like if they do that each year it will be unaffordable to go," she said.

First-year students paid an average of $5,596 this year.

KRISTA SYLVESTER/METRO CALGARY

Pappas found guilty of second-degree murder

A jury found Bill Pappas guilty of second-degree murder on Saturday in the 2006 death of another man. Pappas, 37, admitted he killed Brian Kullman in his home but insisted he was provoked. The jury felt otherwise and convicted him of the murder charge. METRO CALGARY

Transit report will reinforce courtesy

NEIL MACKINNON
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City hall is looking at improving transit for the elderly.

SEATING Old age put a cane in Bob Denison's hand and rising fuel prices put him on a bus, but no one has ever put him out of a seat.

Denison, a regular fixture on Calgary Transit's bus lines for more than a year, said people are generally quite courteous when they see him coming, quickly offering up their seats without him ever having to open his mouth.

"Unless the bus is really crunched and people can't see me or see that I have a cane, then, sure, sometimes I don't get a seat," the 80-year-old said. "Other than that, I've never had a problem."

A priority-seating report for the elderly and disabled that will come before the city's land use, planning and transportation committee Wednesday says Denison's experience is common across Calgary's transit system, but still recommends a public-education campaign to ensure it stays that way.

Noticing a trend of dwindling courtesy in today's public discourse, Ald. Brian Pincott said it's a move that couldn't hurt.

"We have an honour system that so far seems to work, but I have no problem with an increased-awareness program to remind people what courtesy is," Pincott said.

ROBIN KUNISKI / METRO CALGARY

Children performed a traditional Bhangra Punjabi dance during the Multicultural Festival of Lights held at Falconridge/Castleridge Community Association Hall yesterday.

A holiday for everyone

NEIL MACKINNON
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It was Christmas, Hanukkah, Eid, Diwali and the winter solstice all rolled into one.

Sort of.

The dates and meanings of various cultural festivals may be different, but in a bid to bolster tolerance, about 300 people were expected to show up at the Falconridge/Castleridge Community Hall yesterday for the second annual North of McKnight residents committee's Multicultural Festival of Lights, despite the snow and only a month to plan.

It was an afternoon to build a sense of community and a better understanding of the more than eight cultures that make up the area, said Calgary United Way area representative and event co-organizer Lalita Singh.

"It's a message of peace," said Singh. "Every culture has a festival of some sort at this time of year, and we're just trying to bring it all together in the northeast, one of Calgary's most diverse communities."

A potluck spread lined the back wall, cultural displays dotted the sidelines and various multicultural performances took time on the front stage, including a group of seven First Nation's dancers from the Awo Taan Healing Lodge.

"An event like this builds a tremendous sense of commonality," said Awo Taan's Doreen Roy. "Too often, we focus on our differences and Canada is an extremely diverse country. But we're all a part of that wonderful tapestry, that mixture of colours and it's great to be able to celebrate not only our differences, but our many similarities."

City streets to receive artistic flair

SCULPTURES Calgary received the announcement of a gift of two public art sculptures from the Torode Group of Companies on Friday.

Torode announced the purchase and installation of the art work to be displayed along the city's busiest streets.

"We are proud to continue to offer Calgarians a chance to be awed, excited and engaged by art right here in our city," director of marketing Robin Murphy said in a release.

The sculptures are set for sometime in the early New Year. METRO CALGARY

Children run interception play on Santa

EVENT About 100 children and their parents were given a chance to visit with the big man in the red suit early yesterday at the For the Love of Children Society of Alberta's 18th annual Santa Express.

After arriving at the airport and getting their passports stamped, the kids were put on an airplane, which intercepted Santa's helicopter before landing and hanging out in a hangar to receive presents and visit with Santa.

METRO CALGARY

Here's the word: Calgary teacher tells Why Kids Can't Spell

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LEARNING Calgary teacher Roberta Heembrock knows the importance of proper spelling in today's society, so she decided to write a book about it.

Why Kids Can't Spell is a book written for parents and teachers that talks about the importance of proper spelling, and how to best teach children the subject.

"Lots of reading and writing and exploring vocabulary and the language all help children to become more creative in their writing," Heembrock said.

Heembrock believes children learn best through repetitive exercises and hands-on training, such as using interactive activities and imitation.

"Through imitation and rehearsing, kids will learn to remember the words and the correct spelling. It's kind of like learning to walk or talk."

Junior high teacher Mary Daniels agrees with Heembrock.

"I don't really believe in spelling tests because kids just memorize the words for the tests. I agree that repetition and using the words in different ways over and over really help soak in for them," Daniels said.

Spell it out

- More information Heembrock's book can be found at *www.booksbybert.com.*

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LeBlanc may drop out of Liberal race

Sources say New Brunswick MP Dominic LeBlanc will announce today that he will no longer pursue the post as leader of the Liberal Party of Canada, CBC News reported yesterday. But other reports say LeBlanc has yet to make a decision. **CBC NEWS ONLINE**

Canada

Bang the drum slowly

Jagjit Singh of Brampton, Ont., recently received a certificate for the Guinness World Record for Longest Drumming Marathon — Individual following his 110 hours of tabla tapping in 2007. He is now trying to break his own record.

TORSTAR NEWS SERVICE

Tories spent $1B on consultants: Report

SPENDING The Conservative government spent almost $1 billion on consultants in its first two years in office — nearly double what the Liberals spent in a similar time period, a Toronto Star investigation shows.

Consultants with expertise in strategy, communications, policy, executive hiring, professional speaking, training and information technology were among the companies that benefited from the Conservative spending spree, an analysis of thousands of government records shows.

The biggest surge was in the use of management consultants to run government programs, such as the supervision and collection of federal student loans.

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Replace Dion now: Liberals

Federal Liberals are moving to dramatically expedite their leadership contest to have a new leader in place by the time Parliament returns in late January.

That would give Canadians an "alternative" to Prime Minister Stephen Harper in time for a key budget vote and at a time when a Liberal-led coalition is making its case to take over government, one party strategist said.

"There's too much at stake for us and for the country. We've got to get our act together," he said in an interview yesterday.

The push for a hasty contest to replace current leader Stéphane Dion got a big boost yesterday when the two front-runners — Toronto MPs Michael Ignatieff and Bob Rae — both voiced support for moving ahead the leadership selection.

"I think that Mr. Dion has to consider his options," Ignatieff (Etobicoke-Lakeshore) said yesterday.

"There's an emerging feeling in the caucus that, given the importance of this vote in late January, it would be appropriate to have a permanent leader in place ... The caucus is considering various options about how to do that," he told CTV's Question Period.

Rae said the dramatic events in Parliament in the last week-and-a-half have forced the Liberals to look at a new timetable for their leadership choice.

"The fact that the house is now adjourned and could be coming back at the end of January means that we need to have a new leader in place by then," said Rae (Toronto Centre).

TORSTAR NEWS SERVICE

Stepping down

- Dion had already announced he was stepping down after leading the party to one of its worst ever election showings in the Oct. 14 vote. However, he had intended to remain as leader until a successor was chosen on May 2 at a leadership convention to be held in Vancouver.

Internet distractions getting to students

EDUCATION While studying for an exam on American foreign policy the other night, Jonathan Tsao noticed his friends were all playing the "Page 56 game" on Facebook.

In the online diversion sweeping campus laptops this exam season, cram-weary students turn to page 56 of the text they are reading, look up the fifth line and make those words their "status," the buzz phrase that goes beneath their name.

"It's just some random sentence, but you get this sense of camaraderie from knowing all these poor souls are out there studying just like you," said the fourth-year political science major at the University of Toronto.

"Internet addiction is huge — it's one of the largest sources of anxiety students talk about when they come in for counselling."
Nellie Perret, U of T counsellor

The truth, say university counsellors, is that Facebook and MSN and blogs are an addiction that has made hitting the books harder than it ever has been before. Students are getting wired from being so wired.

In fact, "Internet addiction is huge — it's one of the largest sources of anxiety students talk about when they come in for counselling," said Nellie Perret, a learning skills counsellor at the University of Toronto.

TORSTAR NEWS SERVICE

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Vancouver mayor spins out of office

In his last public appearance as mayor of Vancouver, Sam Sullivan replicated the flag spin that made him famous. Sullivan's three-year stint as mayor ends today. The image of Sullivan twirling in his wheelchair with the Oslo (Winter Olympic) flag thrust him into the spotlight at the conclusion of the 2006 Torino Games. METRO NEWS SERVICES

Solemn road home for soldiers

Tens of thousands of people are expected to line Canada's Highway of Heroes today to pay tribute to the three soldiers killed in Afghanistan, marking both their sacrifice and the grim milestone of 100 Canadian soldiers killed on active duty there.

The bodies of Warrant Officer Robert John Wilson, Pte. Demetrios Diplaros and Cpl. Mark Robert McLaren — victims Friday of an explosive device near Kandahar — will make the now-familiar journey from CFB Trenton to a coroner's morgue in downtown Toronto.

Expected to attend the repatriation ceremony at Trenton are Gov. Gen. Michaëlle Jean, Defence Minister Peter MacKay and Chief of Defence Staff Gen. W.J. Natynczk.

The public tributes for Canada's fallen along the 172-kilometre route have caused commentators in other countries, including Britain, to wonder why its own military victims aren't similarly honoured.

"The public response to the casualties, I think, has been quite extraordinary," said Canadian military historian Jack Granatstein.

> **"The public response to the casualties, I think, has been quite extraordinary."**
> Jack Granatstein

"I have never seen anything in my life like the crowds that line Highway 401. Extraordinary displays of public sentiment in all kinds of weather."

As is the custom, a guard of honour in Trenton will greet the aircraft carrying the three bodies and carry them to the tarmac.

TORSTAR NEWS SERVICE

READ Metro's coverage of Afghanistan at **metronews.ca/canada**

MATHIEU BELANGER/REUTERS

Quebec Premier Jean Charest speaks yesterday during a rally in Quebec City. Quebecers go to the polls in a provincial election today.

Polls predict Charest majority

Quebec Premier Jean Charest is poised for his third consecutive win today, with the fallout from Ottawa's ongoing crisis appearing to have strengthened both the federalist Liberal premier and the sovereignist Bloc Québécois.

When Prime Minister Stephen Harper lashed out last week at the Bloc for "trying to break up the country" by supporting the Liberal-NDP coalition, there were brief signs that his perceived Quebec-bashing would push votes towards the flagging Parti Québécois and leader Pauline Marois.

But polls continue to show Charest on the verge of turning a minority into a healthy majority. One thousand Montrealers who showed up to cheer Bloc Leader Gilles Duceppe at a coalition rally on a cold Christmas-shopping Saturday largely expressed support for Charest.

"He hasn't made any major gaffes and a lot of people are fed up with the PQ," said teacher Jean-Michel Régimbal, 37, at the rally organized by Quebec's major unions.

"I'm here because I am against the federal Conservatives and what they did."

Régimbal argued that, if anything, Harper's attitude helped Charest because "he represents stability, and that's what Quebecers want."

Pauline Poupart, a pensioner, said it's "scandalous what Mr. Harper did, pitting Canadians against Quebecers." She will vote for Charest because she thinks he's been a good premier.

TORSTAR NEWS SERVICE

Man guilty in slaying of Toronto girl

COURT A jury has convicted the first man to be tried in the brazen Boxing Day 2005 shootout that claimed the life of schoolgirl Jane Creba.

The 20-year-old man, who can only be identified as J.S.R., appeared surprised as he stood in the prisoner's box yesterday and heard the jury foreperson declare him guilty of second-degree murder.

Creba's family was not at the courthouse and issued no statement. But lead investigator Det.-Sgt. Savas Kyriacou told reporters they had told him they were pleased with the result.

Defence lawyer Gary Grill was incredulous at the verdict, which had surprised several observers.

"We've never, ever, ever had a stronger defence case," he said outside the courthouse.

"We're obviously going to be appealing."

J.S.R.'s is the first of three trials of nine males accused in the infamous slaying of the 15-year-old student.

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Taliban urges western troops to leave Afghanistan
Taliban chief Mullah Mohammad Omar urged western forces yesterday to take a "golden opportunity" to leave Afghanistan before thousands of their troops were killed in the Islamist group's renewed insurgency. REUTERS

World

World's largest ceviche

Peruvian chefs, elbow deep in almost seven tons of diced fish, onions and lime, yesterday smashed the Guinness record for the world's largest ceviche, a Peruvian seafood specialty. The dish, made from raw fish marinated in lime juice that "cooks" it, weighed in at 6.8 tons, more than two tons bigger than the previous record. REUTERS

Rioters rampage in Greece

Thousands of youths tore through Athens and the northern Greek city of Thessaloniki yesterday, burning dozens of shops and vehicles in a second day of rioting after police shot dead a 15-year-old boy.

Greece's worst protests in years erupted in the capital late on Saturday after the shooting of the teenager, and quickly spread to Thessaloniki and the tourist islands of Crete and Corfu.

The conservative government appealed for calm but leftist demonstrators and anarchists went on the rampage for a second day, staging running battles with security forces yesterday.

Police said more than 34 people had been injured, including one woman with a serious head wound, while 20 were detained.

Prime Minister Costas Karamanlis pledged action in a public apology to the father of the dead boy.

YIORGOS KARAHALIS/REUTERS

A protester throws a stone at policemen during riots in Athens yesterday.

"I know nothing can relieve your pain, but I assure you ... the state will act, as it ought to, so that yesterday's tragedy won't be repeated," he said.

Two police officers were charged over the shooting, one with premeditated manslaughter and the other with abetting him.

A police statement said one officer fired three shots after their car was attacked by a group of 30 youths in Exarchia. A police official said the officer described his fire as warning shots but witnesses told Greek TV he took aim at the boy. REUTERS

Pakistan raids camp of group blamed for Mumbai attacks

OPERATION Pakistani security forces yesterday raided a camp used by Lashkar-e-Taiba (LeT), two sources said, in a strike against the militant group blamed by India for last month's deadly attacks on Mumbai.

Local man Nisar Ali told Reuters the operation began in the afternoon in Shawai on the outskirts of Muzaffarabad, the capital of the Pakistani side of disputed Kashmir region.

"I don't know details as the entire area was sealed off, but I heard two loud blasts in the evening after a military helicopter landed there," Ali said.

An official with the Jamaat-ud-Dawa charity, which is linked to LeT, said security forces had taken over the camp.

India has demanded Pakistan take swift action over what it says is the latest anti-India militant attack emanating from Pakistani soil. No comment on the raid was immediately available from Indian officials.

At least 171 people were killed during the three-day assault last month across Mumbai. REUTERS

LeT background

- LeT was formed with the help of Pakistan's intelligence agencies to fight Indian rule in Kashmir, but analysts say it is now part of a global Islamist militant scene.

Obama says collapse of U.S. automakers is not an option

INDUSTRY U.S. President-elect Barack Obama said yesterday that the struggling U.S. auto industry could not be allowed to collapse, but that any bailout would require a complete restructuring.

"I don't think it's an option to simply allow it to collapse," Obama said in a taped interview on NBC's Meet the Press program.

"What we have to do is to provide them with assistance, but that assistance is conditioned on them making significant adjustments. They are going to have to restructure and all of their stakeholders are going to have to restructure."

REUTERS

Muslims ask for forgiveness at hajj climax

SAUDI ARABIA More than two million Muslim pilgrims gathered around a mountain east of Mecca yesterday at the peak of the hajj to beg God's forgiveness, chanting, "Oh God, I am answering your call."

At noon, pilgrims were still trickling into the area filled with thousands of tents in the plain of Arafat, 15 kilometres east of Mecca, where they will pray until sunset.

"Being here is better than anything I had ever experienced."
Rawya Mohammad

Men in white seamless robes and veiled women in long dresses wept with emotion under the desert sun while sprinklers on top of towering posts sprayed water to cool the air. The weather was mild by Saudi standards at around 30 C.

"Being here is better than anything I had ever experienced ... better than the time I saw my children for the first time," said Rawya Mohammad, a secretary from Egypt.

The hajj retraces the path of the Prophet Mohammad 14 centuries ago after he removed pagan idols from Mecca, his birthplace, and years after he started calling people to the new faith, now embraced by more than one billion people worldwide. REUTERS

Bomb hits police, patrolmen in Iraq as they lift barricades

ATTACK A bomb went off yesterday, wounding 35 police and neighbourhood patrolmen in the volatile northern Iraqi city of Baquba as they were ceremoniously dismantling security barriers to show that violence was on the decline.

Twenty-nine of the wounded were police, including a police commander of Diyala province, Lt.-Col. Raghib al-Umairi, police said. Also wounded was the Baquba city mayor, Abdullah al-Hiyali.

The concrete barriers were placed two years ago, when ethnic and sectarian bloodshed raged across the city. REUTERS

News in brief

POLITICS French President Nicolas Sarkozy drew angry protest from China yesterday over a meeting with Tibetan spiritual leader the Dalai Lama, with Beijing warning of broader damage to relations with the European Union.

AUTOS Senate Banking Committee chairman Christopher Dodd said yesterday General Motors Corp. chief executive Rick Wagoner should resign to allow new leadership to restructure the faltering company. "I think he has to move on," Dodd said on CBS' Face the Nation. REUTERS

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Comment & Views

Comment

Best in buyer's remorse

HineSight

Anne Hines

Harvey reports, "The stupidest thing I ever bought was a weight-loss book called The Grapefruit Diet." His second dumbest purchase? Twenty pounds of grapefruit.

Last week, I wrote about a foolish, impulsive purchase I recently made — a birdbath heater. I invited you all to e-mail me tales of your silliest purchases.

Here are the results:

• 43 per cent of e-mails received came from readers wanting to know where they too could buy a birdbath heater. A special shout-out to Bruce in Dartmouth, who reported he'd gone online and sourced out several different models of heaters. This is diligent, resourceful work, Bruce. It's missing the point of the exercise entirely, but it's diligent and resourceful.

• 21 per cent of respondents shared charming stories of the birdbath heaters they already own and how happy their birds are.

• 0.5 per cent of readers objected to my being gay. Mom, stop sending me e-mails about this.

From those who actually weighed in, here's a cross-country sampling of "less than intelligent purchases we've made."

Chantal from Calgary says the most foolish thing she ever bought was a marriage licence.

"I should have known it was a dumb idea," she said. "It was my third one."

Roman (Ottawa) says he regrets spending money on newspapers, "Since I realized I could get this great paper, the Metro, for free." Ahhhh…

Jennifer (Vancouver) admits to buying a Tile Titan, an electrical device that uses steam to blast bathroom tile scum.

"It made so much steam, my bottle labels fell off. I accidentally washed my hair with body wash for a week. It also removed strips of the bathroom wallpaper."

The only thing not affected? The tile scum.

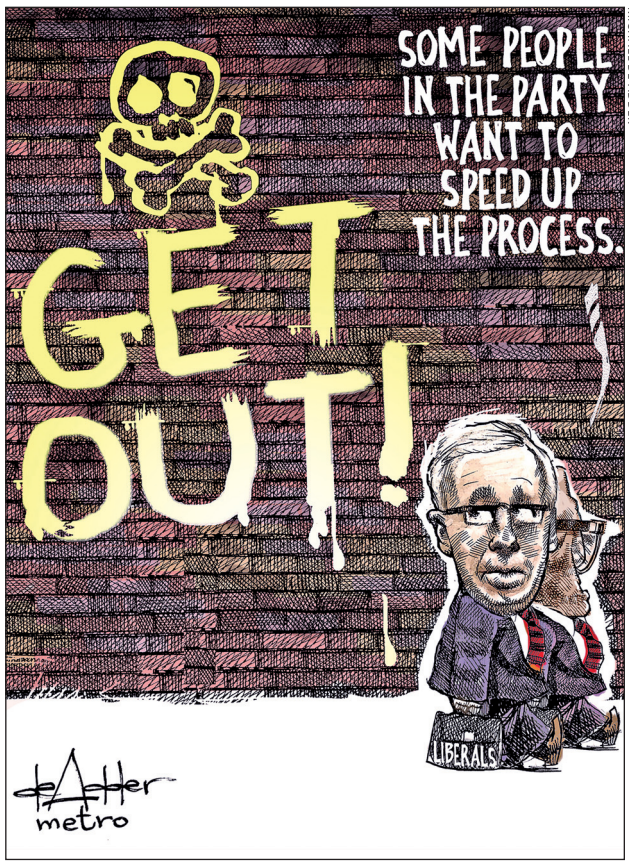
Harvey (Victoria) reports, "The stupidest thing I ever bought was a weight-loss book called The Grapefruit Diet." His second dumbest purchase? Twenty pounds of grapefruit. "By the fourth day, I couldn't stand the sight of them. Fortunately it was Halloween, so I just handed them out to the kids. They hated them, too."

Carol (Toronto) bought a fashionable chef's cookbook that insisted no cook should be without a mortar and pestle. She lugged one home, only to realize that each recipe calls for a mere ounce or two of freshly ground herbs. Either she had to buy a bunch and let most go to waste or try growing her own, which was akin to "watching plants die."

Carol's solution? Go back to using dried and enjoy her lovely new doorstop.

Finally, Lin (Halifax) says the dumbest thing she bought was "My ex-boyfriend's story about where he spent Friday night." Enough said.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Views

Fewer roads means better quality of life

InTransit

Chris Phalen

calgaryletters@metronews.ca

It is easy to analogize traffic as fluid, assuming a certain volume flows through a road system, but urban traffic, such as Calgary traffic, is more comparable to a gas that expands to fill a space.

It's simple. More roads breed more drivers. Transport economists call it induced traffic.

This concept follows the adage supply and demand theory indicating investments in roads (increased supply) always results in higher quantity (more cars on the road).

Road building to ease traffic flows has long been Calgary's Achilles heel, but rapid outward growth and economic upturns in the last 20 years have forced the hands of the pundits.

We seem to build or improve and even want more roads.

But if Calgary is to break into the class of world class, taxpaying delegates like you, me, and even city council need to practise prudence, exercise some vision and let the experts chime in.

Professor of strategy and global management Jim Dewald says to build a city founded on roads is to turn your back on quality of life, fiscal responsibility and environmental sustainability.

"It (investing in roads) is wasteful and harmful, and it is time for our city council to lead on this issue for the long-term benefit of all Calgarians," said Dewald.

It seems the city is on board.

The Department of Transportation is prioritizing a more pedestrian-friendly, customer-focused transit system, with more bike facilities and more compact communities making better use of existing transit infrastructure, according to director of transportation Don Mulligan.

"The city plans to invest in transit that supports transit-oriented development," said Mulligan.

"But it will take some patience and vision on the part of all Calgarians to see these plans through."

A $3.9-billion capital expenditure projection over the next 10 years outlined in the transportation infrastructure investment plan estimates $204 million will be spent on major road projects in 2009 and only $18 million in 2018.

With walking, cycling and public transit at the top of the transportation hierarchy, Calgary is moving towards a less congested future.

Citizens hankering for an extra lane here or an overpass there need to look a generation ahead, and trust the policies of trained planners now.

Calgary's budding culture depends on it.

City council needs the moxie to stop falling back on short-term transportation solutions to appease voters, and put their city on the pedestal it deserves.

Chris Phalen is a web intern and regular contributor to Avenue magazine. He has also contributed to the Prince Albert Daily Herald, Globe and Mail and various magazines.

Letters

It's up to consumers to adapt to high oil prices

Referring to an article on dropping oil prices (Nov. 12), some people may have been happy when oil prices fell below $60 a barrel, which means gasoline prices tumbled as well.

However, expensive oil forces us to be more innovative in searching for alternatives, and it improves efficiency in the way we use our land, how we move around (smaller cars, better transit) and how we make things (companies invest in more energy efficient machinery).

There are many solutions, such as don't drive. Or if you need to drive because you live two hours away from your job, then it's best to move near your work place. I don't see why oil companies need to accommodate our personal preferences.

KAMALIKA BARUA, TORONTO

Opposition offers surprise present from the past

Just when Canadians thought they were through yet another federal election and had democratically elected the government of their choice, an irresponsible and power-mad opposition come up with a surprise Christmas present to oust the Conservatives.

This attempt to take power without an election is shameful enough, but I find it even more distasteful that former prime minister Jean Chrétien and NDP leader Ed Broadbent would have such contempt for democracy as to be involved in this backroom deal.

GERALD HALL, NANOOSE BAY, B.C.

Excessive spending won't provide a way out

I do not want a coalition government.

The last election saw Liberal Leader Stéphane Dion had the lowest number of votes ever. Jack Layton would never be elected to prime minister, so I guess he wants to go in by the back door.

Mr. Dion consistently said in his election speech that the NDP economic platform would ruin the country, so now the two want to spend our way out of a recession, which Bob Rae tried in Ontario when he was premier.

It didn't work.

I do not want either of them or the Bloc to run this country.

BETTY CROZIER, ORONO, ONT.

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First Georgia the 23rd U.S. bank to fold
First Georgia Community Bank, a small institution with $237.5 million US in assets, was closed by state regulators on Friday, marking the 23rd U.S. bank failure this year. Its deposits were transferred to United Bank of Zebulon, Ga. REUTERS

Business

Waking up to good news

As one gloomy economic report after another spreads fear among consumers, one thing they can look forward to is a cheaper cup of coffee. Owner of Folgers coffee, J.M. Smucker Co., announced it cut list prices anywhere from 3.5 to 7.8 per cent on four Folgers products effective immediately because of a decline in the cost of green coffee beans. REUTERS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Obama vows strong financial regulations

President-elect Barack Obama said yesterday he would put strong new financial regulations at the centre of his economic recovery program to force more accountability on the banking industry.

Obama again warned that the U.S. economic crisis, which saw the country lose more than half a million jobs in November alone, would worsen before it gets better.

"As part of our economic recovery package what you will see coming out of my administration, right at the centre, is a strong set of financial regulations," Obama said in a taped appearance on NBC's Meet the Press television show.

"A whole bunch of folks (will) start having to be much more accountable and behave much more responsibly."
Barack Obama

"Banks, ratings agencies, mortgage brokers, a whole bunch of folks (will) start having to be much more accountable and behave much more responsibly.

"We've got to have transparency, openness, fair dealing in our financial markets and that's an area where I think over the last eight years we've fallen short."

Obama, who takes office on Jan. 20, began outlining his economic recovery plan Saturday, saying he aims to create at least 2.5 million new jobs by 2011 and launch the largest U.S. infrastructure investment since the 1950s.

Yesterday he did not put a price tag on the plan, which analysts say could cost at least $500 billion US. But he acknowledged the costs would be "substantial" and would hike the budget deficit at least in the short term. REUTERS

Business in brief

TRADE A new deal to open up global commerce is far from certain, as negotiating texts from the World Trade Organization show issues such as safeguards for poor farmers and proposals to eliminate duties for some industrial sectors remain dealbreakers. REUTERS

AUTOS General Motors is seeking $800 million now and $1.6 billion later from the federal and Ontario governments, while Chrysler is seeking $1.6 billion. Ford said it would need a "standby" line of credit of $2 billion, but would only use it if necessary. TORSTAR NEWS SERVICE

Credit fears in RBC's cards

EARNINGS Royal Bank of Canada is bracing for deteriorating credit quality in fiscal 2009, as it predicts steeper job losses and more soured loans.

The bank said it is preparing to absorb more credit losses, after posting double-digit declines in both fourth-quarter and full-year profits.

Quarterly provisions for credit losses were $619 million, from $263 million last year. TORSTAR NEWS SERVICE

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Clean furnace filters can cut energy use

Clean — or replace — your furnace filter. A dirty filter forces your furnace to work harder to heat your home. According to the Ontario Conservation Bureau, a clean filter can cut your energy use by five per cent. TORSTAR NEWS SERVICE

Going Green

Recycled steel saves

Canadians recycle steel at a rate of 65 per cent. Every tonne of recycled steel saves 1,131 kilograms of iron ore, 633 kilograms of coal and 54 kilograms of limestone, according to Greeniology: How To Live Well, Be Green and Make a Difference by Tanya Ha.

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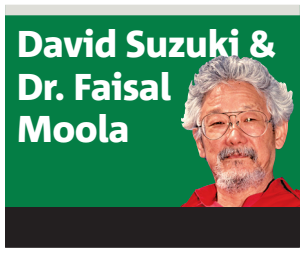
What would you do with $4 trillion?

ScienceMatters



Many of you are working to recycle, reduce energy consumption, and improve the world for your families and neighbours. The collective impact of these many small efforts is making a big difference.

Just think what you could do with $4.1 trillion!

That's how much the U.S. and 17 Western European countries are spending to bail out financial institutions involved in an economic crisis that began in the U.S. and soon reverberated around the world. (The final amount will likely be a lot more. It's difficult to fathom such a large number, but consider that one trillion seconds is about 32,000 years!) To top it off, most of the details are secret; we don't really know what the money is being used for — although it probably hasn't stopped your retirement savings funds from plummeting.

The effect on people in developing nations is even worse. Most of them didn't have savings to begin with, and now the economic crisis, coupled with the effects of the climate crisis — including drought and food shortages — is causing more of our human family to suffer from extreme poverty and joblessness.

Just think what they could do with $4.1 trillion!

If we think we needn't worry about what happens to developing nations because it isn't affecting us, we should remind ourselves that, just as everything in nature is connected, so is everything in our global economic and political systems. Increased international job competition and reduced export opportunities are just two of the smaller impacts mentioned in the IPS report.

But the worst meltdown isn't of the global economy. Another report, Climate Safety, from the Public Interest Research Centre, shows the Arctic's late-summer ice is melting much faster than scientists previously predicted and may disappear within three to seven years. The cascading consequences of such an event could be catastrophic.

Just think what we could do with $4.1 trillion!

Instead of giving companies these huge sums of money so they can continue business as usual, buying and selling, merging, and paying their executives obscene salaries and bonuses, we could put it toward renewable energy, sustainable urban planning, and research into ways to lessen the impact of climate change — things that really would stimulate economies.

As citizens, we can and must do everything possible to keep our finite world alive and healthy. Along with the small but important changes we are making in our own lives, we must also call on our leaders to stop downplaying the unequivocal science that tells us failing to quickly address the climate crisis will make the economic crisis seem like a minor blip in history.

We could tell them where to put that $4.1 trillion!

Take David Suzuki's Nature Challenge and learn more at *www.davidsuzuki.org*.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

Capitalists optimistic about carbon-spurred markets

U.S. venture capitalists say they see a bright spot amid the international economic gloom: A potential trillion-dollar market in carbon spurred by new regulations and a growing awareness of climate change.

The growth areas are less in traditional "green" businesses like solar panels and windmills and more in new infrastructure, such as a "smart" grid that would get alternative energy from where it's generated to where the customers are, said Martin Whittaker of Mission Point Capital Partners.

Smart grids

- So-called smart grids let customers instantly see the price of the power they are buying, which is expected to cut demand during daily peak load hours and reduce demand from centralized, traditional fossil-fuel power plants.

Despite the overall economic crisis, "Capital is still available for low carbon projects," Whittaker said by telephone. "There's still a lot of optimism and a lot of growth in and around the carbon market at all levels: The trading level, at the project level and at the company level."

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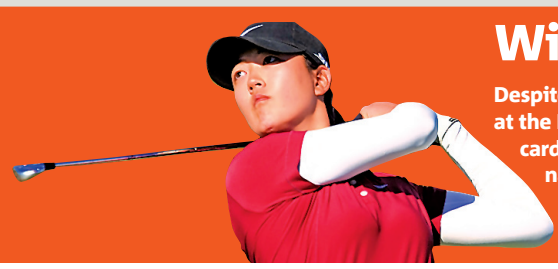
Toronto to host UConn and Buffalo in bowl game
The University of Connecticut is set to take on the University of Buffalo in the third-annual International Bowl in Toronto on Jan. 3. The Buffalo Bulls won the Mid-American Conference title by shocking previously unbeaten Ball State in the championship game Thursday, METRO NEWS SERVICES

Sports



Wie makes the grade

Despite a rough start to the round Michelle Wie, left, finished in seventh place at the LPGA's qualifying school yesterday, good enough to earn her a full-time card on the tour. The 19-year-old Wie has played in many LPGA and PGA tournaments in the past, but mostly on sponsor exemptions. Wie finished the five-round event 12-under par, six shots back of first-place finisher Stacy Lewis.
METRO NEWS SERVICES

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Kipper silences Rangers

Flames netminder posts his third shutout of the season

NHL RESULTS

Calgary 3 **New York** 0

CGY vs NYR

LAURENCE HEINEN
for Metro Calgary

RAY STUBBLEBINE/REUTERS

Calgary Flames winger Jarome Iginia backhands a rebound past New York Rangers goalie Henrik Lundqvist in the second period of last night's game in New York.

THE SKINNY: With the win, the 16-10-1 Flames moved into first place past the Vancouver Canucks in the ultra-competitive Northwest Division standings.

CONFIDENT KIPPER: Miikka Kiprusoff recorded his third shutout of the season and 29th of his career. Kiprusoff was forced to make a pad stop on New York's Ryan Callahan just seconds into the game and finished with 31 saves.

THE QUOTE: "They had a good start and they were shooting a lot," Kiprusoff told Rogers Sportsnet after being named the game's first star. "They didn't get any rebound chances. Pretty nice road game there."

THE OPPORTUNIST: Jarome Iginla swatted a pass from Mike Cammalleri past Henrik Ludqvist at 15:50 of the second period.
It was only Calgary's second shot of the period and the goal stood up as the eventual game-winner.

THE STREAKS: With his third-period goal, Flames forward David Moss has now scored in four straight games, a career high. Rene Bourque added a short-handed marker to give him goals in back-to-back contests.

THE DEBUT: With injuries to forwards Dustin Boyd, Wayne Primeau and Brandon Prust, Calgary summoned Warren Peters from the Quad City Flames to play in his firs NHL game.

THE NEXT GAME: The Flames will be looking to make it five straight road wins when they face off against the Montreal Canadiens tomorrow (7:30 p.m., Sportsnet, Fan 960).

Blazers edge Raps in Triano's home debut

NBA RESULTS

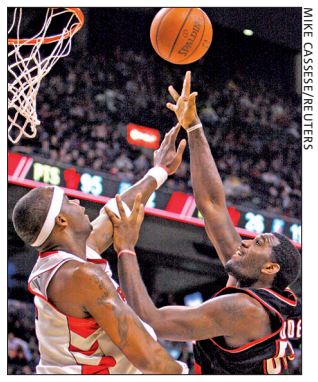
Portland 98 | **Toronto** 97

POR vs TOR

NBA Steve Blake scored 19 points, including the game-winning three-pointer with 8.9 seconds remaining as the Portland Trail Blazers edged the Toronto Raptors, 98-97, at the Air Canada Centre in Toronto yesterday.

Blake also chipped in with seven rebounds, while LaMarcus Aldridge added 20 points and eight boards, and Brandon Roy had 15 points with seven assists for Portland, which has won nine of its last 11 games. Rudy Fernandez scored 16 points and added eight rebounds off the bench for the Trail Blazers.

Jermaine O'Neal scored a season-high 24 points and grabbed eight rebounds, while Chris Bosh had 19 points and Jose Calderon 15 points and 13 assists for the Raptors, who have dropped four straight and two in a row under interim head coach Jay Triano.


MIKE CASSESE/REUTERS

Portland Trail Blazers forward Greg Oden, right, putsa shot over Toronto Raptors forward Jermaine O'Neal during yesterday's game.

METRO NEWS SERVICES

Oklahoma, Florida in title game

FOOTBALL Florida will play Oklahoma in the Bowl Championship Series national title game Jan. 8 in Miami, leaving Texas out of the championship picture despite the Longhorns dealing the Sooners their only loss of the season.

The BCS has been controversial since it started and this year is no different. Texas was left out of the Big 12 title game as it lost a three-way tiebreaker between Oklahoma and Texas Tech.

METRO NEWS SERVICES

Dolphins topple Bills in Canada

NFL ROUNDUP

Dolphins 16 **Bills** 3

Chad Pennington threw for 181 yards and one touchdown on an efficient 23-of-29 passing, as Miami topped Buffalo, 16-3 at the Rogers Centre in Toronto yesterday, in the first NFL game played in Canada.

Ronnie Brown ran for 70 yards on 16 carries for the Dolphins (8-5), who pulled into a three-way tie for first place in the AFC East with the win.

Eagles 20, Giants 14 — Brian Westbrook rushed 33 times for 131 yards and a touchdown while adding six receptions for 72 yards and a score, as the Philadelphia Eagles scored a surprise 20-14 victory over the New York Giants in East Rutherford, N.J.

49ers 24, Jets 14 —Shaun Hill threw for 285 yards with a pair of touchdowns as the San Francisco 49ers surprised the New York Jets, 24-14 in San Francisco.

Steelers 20, Cowboys 13 — DeShea Townsend's 25-yard interception return with 1:40 left gave Pittsburgh two touchdowns in 19 seconds, after going nearly 58 minutes without finding the end zone, and the Steelers earned a 20-13 victory in a heavyweight defensive bout with the Dallas Cowboys from Heinz Field in Pittsburgh.

Elsewhere in the NFL, it was: San Diego 34, Oakland 7; New England 24, Seattle 21; Chicago 23, Jacksonville 10; Minnesota 20, Detroit 16; Houston 24, Green Bay 21; Indianapolis 25 Cincinnati 3; New Orleans 29 Atlanta 25; Tennessee 28, Cleveland 9; Denver 24, Kansas City 21; Arizona 34, St. Louis 10. METRO NEWS SERVICES

RICK STEWART/GETTY IMAGES

Anthony Fasano of the Miami Dolphins, centre, is stopped by Paul Posluzny, left, during yesterday's game at Rogers Centre in Toronto. The Dolphins won 16-3.

Sports in brief

NHL The Carolina Hurricanes placed goaltender Cam Ward on injured reserve yesterday with a groin problem. The 2006 Conn Smythe Trophy winner, Ward is 8-7-2 with a 2.68 goals-against average and .911 save percentage in 18 games this season.

SPEED SKATING Kristina Groves and Shannon Rempel found the podium again at the World Cup event in Changchun, China, TSN.ca is reporting. Groves took silver and Rempel captured bronze in the women's 1,000m yesterday. Laurine van Riessen of the Netherlands took the gold.

NFL The Cleveland Browns are formulating a plan that ultimately could lead to the return of Marty Schottenheimer as their coach for the 2009 season, according to sources, ESPN.com is reporting.

METRO NEWS SERVICES

SCOREBOARD

NHL

LAST NIGHT'S RESULTS
Calgary 3 N.Y. Rangers 0
Carolina 3 Washington 1
Chicago 7 Phoenix 1
Colorado 5 Vancouver 4 (SO)
Anaheim 5 Columbus 3

TONIGHT'S GAMES
Tampa Bay at Boston
N.Y. Islanders at Toronto
Florida at Ottawa
Buffalo at Pittsburgh
Nashville at St. Louis

NBA

LAST NIGHT'S RESULTS
Portland 98 Toronto 97
New York 104 Detroit 92
Boston 122 Indiana 117 (OT)
Milwaukee at L.A. Lakers

TONIGHT'S GAMES
Charlotte at Miami
Houston at Memphis
Golden State at Oklahoma City
Orlando at L.A. Clippers

NFL

Arizona 34 St. Louis 10
Chicago 23 Jacksonville 10
Denver 24 Kansas City 17
Houston 24 Green Bay 21
Indianapolis 35 Cincinnati 3
Minnesota 20 Detroit 16
New England 24 Seattle 21
New Orleans 29 Atlanta 25
Philadelphia 20 N.Y. Giants 14
Pittsburgh 20 Dallas 13
San Francisco 24 N.Y. Jets 14
Tennessee 28 Cleveland 9
Miami 16 Buffalo 3 **(at Toronto)**
Baltimore 24 Washington 10

TONIGHT'S GAME
Tampa Bay at Carolina

York law students return to class
Osgoode Hall Law School students at Ontario's York University returned to class last week despite the ongoing strike by teaching assistants and contract faculty. METRO NEWS SERVICES

Workology

Intellectual daycare

University of Western Ontario professor emeritus Ian Hunter wrote in a column recently appearing in the National Post that he thinks Canadian universities have become a form of daycare where students will never be upset or intellectually challenged. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Hope lies within IT and health

Economic downturn or not, there are jobs out there

Job Trends

ROBYN YOUNG
for Metro Canada

With over 50,000 jobs recently slashed at America's biggest bank and the automotive industry spiralling ever deeper into debt, it's hard not to worry about employment, or the lack thereof.

But career services experts in Canada say there are still jobs to be had for those with the right skills and the country's employment situation isn't as bad as the headlines might suggest.

The massive job cuts, says the president of Workopolis.ca, are happening in the United States and have only started in Canada — which can be seen in the recent increase of the national unemployment rate to 6.3 per cent, Statistic Canada recently reported.

"In the U.S. we're seeing extremely high unemployment rates: Between 6 and 6.5 per cent which is really, really high for the U.S.," said Pat Sullivan, president of Workopolis.

"In Canada, we're (still) at 20-year lows for unemployment and it's important to keep that in perspective."

In October, 1999, the unemployment rate in the country was 7.2 per cent.

While it's important to keep things in perspective, Sullivan said, with the stock market as volatile as it's been it's also important to remain cautious and many Canadian companies are doing just that through hiring freezes and cutting down on capital costs.

But economic downturn or not, there are sectors that continue to thrive and search out new hires.

"In some areas like technology, we're still seeing great demand; in areas like health care we're seeing great demand," Sullivan said.

In addition, employees with accounting skills are in high demand, says Greg McKeown, director at People Source, an employment solutions company in Toronto.

"When we are going through some of these uncertain times, it's even more imperative, for example, that companies have top notch accountants driving the business," he said.

Companies have to watch their money more closely, monitor their budgets better, cut costs and improve on financial analysis, he said.

There continues to be jobs in Information Technology (IT) said McKeown and Sullivan, but many companies are now looking for employees with more specified skills such as .NET and systems management.

Whatever the sector, most notable is the demand for highly skilled workers said a representative from Kelly Services Canada. The employment solutions company has been overwhelmed with requests for employees with engineering, finance or science skills.

Finally, if all else fails, try McDonald's, says the marketing coordinator for TorontoJobs.ca. The king of fast food reported a five- to 11-per-cent increase in revenues in the last quarter while the rest of the hospitality industry is facing all-time lows.

"(It's the result of) people not being able to afford to go out to a sit-down kind of meal," said Rachel Burns.

The result is a surge in postings for fast food and grocery store clerks, she said.

"In some areas like technology, we're still seeing great demand; in areas like health care we're seeing great demand."
Workopolis president Pat Sullivan

If you're worried about the economic downturn, remember there are sectors that continue to thrive.

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To move, or not to move ... for school

JON TATTRIE
for Metro Canada

When starting university, the decision to stay at home or move to a new city is a major one. A fresh adventure in a new place has lots of merits, but comes at a price.

Sebastian Vuong moved from Brampton, Ont., to Halifax to study medicine at Dalhousie University. While the Canadian Forces covered his $5,000 moving bill, he says most medical students take out a $150,000 line of credit to cover costs of living and tuition. He lives with two roommates from Brampton and they struggle to pay the bills.

"They've stated that employment here is not only more difficult to find, but earnings are less," he said. "The cost of living is comparable to Brampton, and less than in Toronto."

Vuong doesn't regret his decision. "I wouldn't want to be anywhere else but here, learning everything I am. I'd never been to the east coast before my move, but I've quickly discovered that Halifax is a great city."

Dartmouth's Andrew Murray on the other hand left Nova Scotia to take a communications degree in radio and television arts at Ryerson University in Toronto.

"I definitely didn't leave Halifax because I hate it, or anything. I love it to death, actually," the first-year student said. His main motivation was the particular program offered at Ryerson. "The choice to leave home is a big decision. Education is a huge investment, and you've really got to sit down and think about what is best for you. By leaving home and living somewhere else, you are instantly tacking an additional $10,000 a year onto your loan."

No regrets

- Moving can be hard personally, too, Andrew Murray said. He had to drop everything he had, friends and family, and start anew. But he has no regrets. "If your dream is half way across the country, then go get it," he said.

Support grows for Truro arts institution
World-renowned novelist Margaret Atwood and Toronto theatre producer David Mirvish have thrown their support behind an initiative to establish a post-secondary performing arts school in Truro, N.S. METRO NEWS SERVICES

Better lives for chimps

OddJobs
Diane Peters

After running a successful grooming business outside Montreal for 19 years, Gloria Grow, upon approaching 40 decided she wanted to do more for animals than make them look good.

She and her veterinarian husband already owned a farm and had begun rescuing rabbits, horses and sheep. She got increasingly involved in animal rights, and heard a speech from Dr. Jane Goodall at a conference; she said there were HIV-positive chimpanzees living in labs across North America who needed homes.

Grow then volunteered to work with chimps at the University of Washington. "I knew then that this was what I wanted to do."

She discovered a lab in New York State that was closing. Using her retirement savings, she built a 10,000 square foot facility on her farm in early 2007. That fall, 15 chimps arrived; some of them had HIV.

The illness wasn't a problem. Chimps can naturally fight the disease, and she just had to take extra care when near their blood or waste. More difficult to handle was the chimps' post-traumatic stress from life in the lab. "When I met them in the lab they were trying their best to be nice. But when I got them here, all hell broke lose," she recalls.

Chimps, which weight around 200 pounds each, are very strong and can become violent, even if they know and like you. Caregivers have been known to lose hands.

In the early days, Grow worked mostly by herself, with the help of family members, and almost never left the farm. Eventually, thanks to media coverage and several documentaries, people started donating to the nonprofit she had created, the Fauna Foundation, and she hired help.

More than ten years later, Grow, now 53, has a staff of ten and spends just three days a week in the chimp house.

These days run from eight until five, with most of the time spent cooking — chimps start their day with smoothies and eat large quantities of a human-like vegetarian diet. There's also the cleaning of the cages, dealing with injuries and taking visitors around. Newcomers have little direct contact with the chimps — who don't like strangers and can get violent.

Chimpanzees, like the one above, have been rescued from zoos and laboratories by Gloria Grow.

Grow has become very emotionally connected to her charges, six of which she's seen pass away. She says some of her older residents like Tom and Sue Ellen feel like old, dear friends, while the newer chimps — she's now has a total of 13 — feel almost like her own children.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Salary: $20 per hour
Best Part of the Job: "The chimps wear their hearts on their sleeves, they're so true and honest."
Worst Part of the Job: "The sadness of knowing they will never get to hold their own children or be with their own families. That (they) live in captivity day after day."

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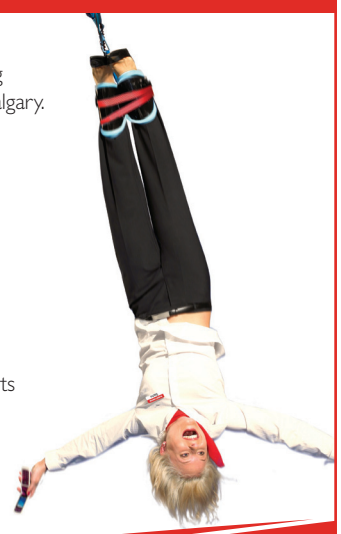

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Gossip Girl spinoff in the works
Dawn Ostroff, president of CW entertainment, admits the network is in discussions with Gossip Girl producers about commissioning a spinoff of the hit show. FEMALEFIRST.CO.UK

Entertainment

Actor's appeal

Wesley Snipes is appealing his three-year prison sentence for tax evasion, arguing his work to thwart terrorists (teaching airline flight crews martial arts) makes him a national hero. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Boy George could go to jail

PEOPLE Singer Boy George could be jailed next month after being found guilty on Friday for falsely imprisoning a Norwegian male escort by handcuffing him to a wall.

Judge David Radford said a prison term was "the more likely option" when he sentences the 47-year-old former Culture Club frontman on Jan. 16.

Guitarist Satriani sues Coldplay

MUSIC Rock guitarist Joe Satriani has sued rock band Coldplay, accusing the Grammy-nominated stars of plagiarizing one of his songs.

Satriani's copyright suit, filed in Los Angeles, claims the Coldplay song Viva La Vida incorporates "substantial original portions" of his 2004 song If I Could Fly.

REUTERS

Story is punishment

STEVE GOW
for Metro Canada

Punisher: War Zone

Director: Lexi Alexander
Stars: Ray Stevenson, Dominic West
Class: 18A
Rating: ⊕

Punisher: War Zone brings the comic book to the big screen again.

REVIEW Punisher: War Zone is the third attempt to bring the violent vigilante comic book character to the big screen, and by this latest example, the third time is not always the charm.

For those unschooled in the ways of the Punisher, he is Frank Castle (Ray Stevenson of HBO's Rome), an ex-marine set on ridding the world of corruption after the murder of his wife and child.

In War Zone, we catch up to the Punisher taking on Billy Russoti (Dominic West of 300), a devilish crime boss who was grossly disfigured at the hands of Castle. Set on retribution, Russoti renames himself Jigsaw — his face looks like a moth-eaten quilt after all — and assembles an army of (inept) assailants to avenge the Punisher.

Basically, this movie aims to please the sort of movie fans who rate the excessiveness of a bad guy being impaled with a chair leg slightly higher than engaging screenplays or restrained performances.

So, with that in mind, I prefer to highlight who this film might be for: If you like action that borders on campy but isn't convincing enough to seem intentionally so, this movie's for you.

If you like a villain attempting to emulate the intensity of Heath Ledger's The Joker, but instead achieving a level of depth expected more from the likes of Steven Seagal, this movie's for you.

Screentimes

• Crowfoot Crossing, Mon-Thu 1:50-4:50-7:50-10:25; Empire Country Hills, Mon 1:05-3:45-7:05-9:50, Tue-Thu 7:05-9:50 Empire MacLeod Trail, Mon-Thu 1:45-4:20-7:20-10:15; Scotiabank Chinook, Mon-Thu 1:20-4:20-7:20-10:25; Sunridge Spectrum, Mon-Thu 12:40-3:30-7:20-10

Weekend box office

1. **Four Christmases:** $18.2 million US
2. **Twilight:** $13.2 million
3. **Bolt:** $9.7 million
4. **Australia:** $7 million
5. **Quantum of Solace:** $6.6 million
6. **Madagascar: Escape 2 Africa:** $5.1 million
7. **Transporter 3:** $4.5 million
8. **Punisher: War Zone:** $4 million
9. **Cadillac Records:** $3.5 million
10. **Role Models:** $2.6 million

REUTERS

Sutherland's star
Actor Kiefer Sutherland is to be honoured with the 2,377th star on the Hollywood Walk of Fame tomorrow. IMDB.COM

Saddam's soap opera

IntelleVision

rick.mcginnis@metronews.ca

Yigal Naor.

HUSSEIN ASYLUM: HBO Canada premiered the first two hours of House Of Saddam last night, half of the 4-hour miniseries dramatizing the reign of the late Saddam Hussein from his seizure of the presidency in 1979 to his death in 2006.

Perhaps because it was HBO — in association with the BBC — who put together the project, it's not surprising that the majority of the reviews have compared the show, and Yigal Naor's performance as Saddam, to The Sopranos, when they haven't been comparing it with The Godfather or Scarface.

It's a thickly curdled soap opera, cast with everyone from an Israeli (Naor), to an Italian-American (Philip Arditti as Uday Hussein, Saddam's psychopath son), and a Persian Oscar nominee (Shohreh Aghdashloo), and seemingly every actor who's been seen portraying an Arab in films large and small over the past decade or so, glimpsed in major roles or cameos.

It's possibly the most spoiler-proof film made in a generation; even political shut-ins should know the ending of this story. Four hours gives the directors and writers behind the series room to shoehorn in as much as they can, from the opening, with its conspicuous parallel to the opening wedding party scene in the first Godfather film, to the King Lear-like passage at the end where Saddam wanders through American-held Iraq, attended by a loyal servant and a little boy.

In this final stretch, the film does its best to humanize the Iraqi dictator, but after everything we've seen so far, it actually feels more disturbing than the horror of ambition and delusion that preceded it. There's a relentless heaviness to the whole affair, set largely by Naor's rumbling impersonation of Saddam, which some have compared to Darth Vader.

Most people won't have the stomach to make it to the end of all four hours (the second half airs next Sunday), and opponents of the U.S. invasion of Iraq won't find much to bolster the alternative with the painstaking dramatization of every bloody convulsion of Saddam's Stalinesque career.

The cast can take a good deal of credit for this — while some reviewers were clearly expecting a Dallas on the Euphrates, the performances of Naor, Arditti and Aghdashloo as well as the rest of the cast make things less lurid than vivid.

Rick McGinnis writes about music, movies, books and television, but not opera.

On the web

Book Picks:

- For Book Picks on Heath Ledger: Hollywood's Dark Star by Brian J. Robb; Lucy Maud Montgomery: The Gift of Wings by Mary Henley Rubio; and Kill Bin Laden by Dalton Fury, visit *metronews.ca/entertainment*.

LunchRush

Blaine Schlechter

Catch the Lunch Rush column in Thursday's Metro, its new weekly spot.

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

GlobalStyle

Kenya Hunt

Exclusively at metronews.ca/globalstyle

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
12/8/08	267	351	- ACCESS	Arts & Minds	Arts & Minds	Killer Next Door		Sarah Connor Chronicles		Two/Half Men	Fraud	Arts & Minds
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami (HDTV) (N)		Big Bang Th	Big Bang Th	Law & Order: Criminal Intent		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	A Charlie Brown Christmas		Boston Legal "Made in China; Last Call"		
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Dragon's Den (N)		The Border (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Prison Break (HDTV) (N)		My Own Worst Enemy		Heroes "Our Father" (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		Privileged (HDTV) (N)		Chuck (HDTV) (N)		Curb-Enthsm	Less-Kind	Your City
	119	705	9 CBXFT	Virginie (SC)	Élections Québec 2008: le choix Présentation des résultats des éléctions. (N) (SC)							TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
primetime	-	372	12 KREM	News (N)	Hollywood	The Doctors		Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N)
	-	374	14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo!	Chronicles	Antiques Roadshow		The Boomer Century 1946-2046 (HDTV)		
	502	390	15 CBC	CBC News: The National		Pedigree Dogs Exposed		CBC News: The National		CBC News: The National		Pedigree Dogs
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Chuck (HDTV) (N)		Heroes "Our Father" (N)		Worst Enemy
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		Prison Break (HDTV) (N)		News (N)
	297	652	37 WPIX	Privileged (HDTV) (N)		CW11 News at Ten (N)		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	(6:30) NFL Football Tampa Bay Buccaneers at Carolina Panthers.					SportsCentre		Strength	Billiards
	408	418	27 net	Skiing: Alpine		World Combat League		Hockey Central	World Combat	Sportsnet Connected		Best-Sports
	410	403	30 SCORE	(6:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457	44 OLN	Mantracker		Departures		Pilot Guides		Don't Forget Your Passport		Pilot Guides
	417	406	48 SPEED	Banquet	My Classic Car	Barrett-Jackson		Car Crazy	Pass Time	NASCAR Craftsman Truck Series Banquet		
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Fresh Prince	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	Gotta Catch Santa Claus		Santa Claus	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Miss Spider	Christopher	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Worst Week	How I Met	Boston Legal "Made in China; Last Call" (N)				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	How Clean	House	Love It or List It (N)		Confidential
	521	560	24 TLC	Jon & Kate	Jon & Kate	17 Kids-Count	17 Kids-Count	Little People	Little People	Jon & Kate	Jon & Kate	17 Kids-Count
	603	561	25 FOOD	Good Eats	Ace of Cakes	Kitchen Nightmares		Restaurant Makeover		Challenge		Good Eats
	615	520	26 A&E	Intervention "Coley"		The First 48 (HDTV)		The First 48 (HDTV)		Intervention In-Depth: Meth		Intervention
	617	522	32 SHOW	Prime Suspect 7		Love-Death	Love-Death	Painkiller Jane		Kenny-Spenny	Rent-A-Goalie	Name Is Earl
	601	562	33 SLICE	Beautiful	Party Mamas	Tim Gunn's Guide to Style (N)		ET Canada	Matchmaker	Tim Gunn's Guide to Style		Trading Sp
	-	633	34 ENC2	(7:05) *The Guilty* ★★ (1999, Suspense) Bill Pullman.				*Night Moves* ★★★ (1975, Suspense)			(10:40) *Altered States*	
	520	505	35 DISC	Dirty Jobs		Canada's Worst Driver		Daily Planet		Dirty Jobs		Worst Driver
	620	523	36 BRAVO	Liberamae	Opium	Dance Atlantic	Dance With Me	Law & Order		Without a Trace		*The Fallen Idol*
	294	650	40 WPCH	(6) *Fools Rush In* (1997)		Cheers	Seinfeld	Family Guy	Family Guy	The Single: Monica		Dupri: Brutha
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Dennis Leary
	-	539	42 TCM	(6) *Jungle Book* (1942)		*Gunga Din* ★★★★ (1939, Adventure) Cary Grant. (DVS)				*Kim* ★★★ (1950, Adventure) (DVS)		
	628	584	43 SPIKE	CSI: NY "Heroes"		CSI: Crime Scene Invstgtn.		The Ultimate Fighter (HDTV)		CSI: NY (HDTV)		Trek: Voyager
	522	516	45 HIST	Underworld Histories		NCIS "Mind Games"		Battle 360 "Call to Duty"		Underworld Histories		NCIS
	627	528	46 SPACE	Battlestar Galactica		Eureka		Stargate SG-1 "Enigma"		Lost		Deep Space 9
	-	-	47 AMC	(6) *Let's Make Love* ★★★ (1960)			(8:45) *Doctor Dolittle* ★★ (1967, Musical) Rex Harrison.					*Baby Boom*
	619	525	49 TROP	News Show	News Show	TV Made, Do It	Very Bad Men		What Happen?	Make or Break	TV Made, Do It	Planet Soap
	600	564	50 HGTV	Property Virgin	Marriage	Income Prop.	House Hunters	Holmes on Homes		Property Virgin	Marriage	Income Prop.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play
	526	507	92 VIVA	The West Wing		Truth, Duty, Valour		Mediums	In Dreams	Judging Amy "Instincts"		Commander
	269	350	93 APTN	MYTV	The Mix	La Voix Mechif	Metcom	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy-Entertain
	571	581	100 MMM	Parental Advis.	Parental Advis.	Where You At	Revival	Party of Five		Parental Advis.	Revival	Party of Five
	570	580	101 MM	50 Cent: Money and Power		MuchNews	The NewMusic	MuchVibe		So You Think You Can Dance		
	581	566	102 MTV	Super Sweet	The Hills	The Hills	After Show	MTV Live	MTV News	Dance Life	The Hills	The Hills

critics'corner

Christopher House: Ahead of the Curve
Modern dance choreographer Christopher House is the subject of this documentary directed by his sister Rosemary. She follows him as he creates "TimeCode Break" and gets him talking about his childhood. House joined the Toronto Dance Theatre in 1978 and has created more than 50 works for the group. 6 PM on BRAVO

Daily Planet
Check out the science news show's "Tech Toys Week." It's a showcase for all kinds of weird and wonderful inventions — although most aren't available for purchase unless you're a billionaire. That includes a seaplane with a 645-horsepower engine and a solar car covered in crystals. But you can buy the T-shirt that tells you if you're in a Wi-Fi hot spot. 5 PM on DISC

How I Met Your Mother
We're not sure whom to blame. Ted (Josh Radnor) tries to prove he's not pathetic for being left at the altar, and Barney (Neil Patrick Harris) tries to impress Robin (Cobie Smulders), who thinks fighting is sexy, by picking a fight with a bunch of guys sitting in their favorite booth. 8:30 PM on CHTV: 9:30 PM on KREM

Amy Jo gives birth

Actress Amy Jo Johnson has welcomed her first child, a daughter. Francesca Christine was born at 9:09 p.m. last week, weighing 7 lbs., 1 oz. Dad is Johnson's fiancé Olivier Giner, 33. **PEOPLE.COM**

Celebrity Buzz

Milano files for restraining order

GETTY IMAGES PHOTOS

LEGAL Actress Alyssa Milano has filed for a restraining order against an alleged stalker after he reportedly tried to break into her home on two occasions, imdb.com reports.

Milano filed the petition in Los Angeles Superior Court on Friday claiming Jeff Turner, 54, has made frequent attempts to contact her over a two-year period, including trying to enter her L.A. home without permission.

According to E! News, the documents accuse Turner of being an "obsessed and mentally unstable fan" who has made statements "indicating that unless restrained the conduct is very likely to continue."

Milano also asks for the restraining order to prevent Turner from having contact with her immediate family, and that he must stay at least 100 yards from her and her home at all times.

An L.A. court hearing to decide if the order will be granted is set for Jan. 21.

METRO NEWS SERVICES

Love at first sight

MARRIAGE Tom Cruise fell in love with Katie Holmes at first sight and rushed off to buy an engagement ring after their first date, imdb.com reports.

The actors' relationship has been subjected to much scrutiny by the public and media critics who have speculated their union was arranged and their romance is a farce.

But Cruise insists their marriage is the real deal and he has been in love with Holmes since he first set eyes on her.

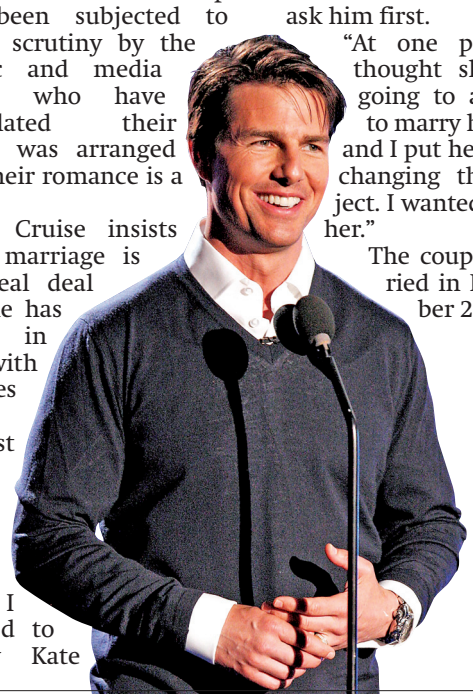
"I knew I wanted to marry Kate when I met her," Cruise tells the Dec. 7 issue of the New York Times Style Magazine.

He admits he proposed in a hurry in 2005, because he feared Holmes would ask him first.

"At one point, I thought she was going to ask me to marry her first and I put her off by changing the subject. I wanted to ask her."

The couple married in November 2006.

METRO NEWS SERVICES



Kidman credits age for bravery

PEOPLE Actress Nicole Kidman is embracing her 40s, because she is braver now than she has ever been, imdb.com reports.

The Oscar winner faced a tough time as she took on her role in Baz Luhrmann's epic Australia, in which she had to live and shoot in the harsh conditions of the Australian outback. But the 41-year-old is adamant being a mature woman helped her cope with the extreme conditions, insisting she gains more courage with age.

"The older I get, the more I feel like I'm on a roller-coaster when I do a film," she tells Britain's The Independent newspaper. "I'm much more brave, and kind of throw myself into it and try not to worry if I fall flat on my face."

METRO NEWS SERVICES

Bynes won't date actors

RELATIONSHIPS Actress Amanda Bynes has vowed never to date another actor after an ex-boyfriend's cheating ways nearly "killed" her, imdb.com reports.

Bynes, 22, tells American Cosmopolitan magazine she was so shaken after her split with an unnamed actor she moved back in with her parents for two months to soothe her heartache.

"(He) ended up breaking my heart. I was so hurt. I'm a confident person, but it killed me," Bynes said.

Though she admits she's turned on by Hollywood's leading men, Bynes refuses to be another actor's arm candy.

"Obviously, Chace Crawford is gorgeous, but I wouldn't want to date him. He's too pretty. Maybe he's a very smart guy and maybe he's my soulmate but that's not the type I go for," Bynes added.

METRO NEWS SERVICES

Goodwin, Klein split

BREAKUP Ginnifer Goodwin and Chris Klein have called it quits after two years of dating, People.com reports.

A friend of Goodwin tells People the split was mutual and amicable.

"They realized they wanted different things," says the friend. "In the long run, the relationship wasn't going to work."

With a busy winter ahead for Goodwin, 30, who returns to HBO's Big Love in January and stars in He's Just Not That Into You, opening in February, the actress plans to enjoy the single life for the time being.

"She's not interested in dating anyone just yet," the friend says.

Klein, 29, is also busy with work, returning to big screen in Street Fighter in February.

METRO NEWS SERVICES

Beyoncé talks about marriage

RELATIONSHIPS R&B singer Beyoncé Knowles has confessed her marriage to Jay-Z is often a "power struggle," femalefirst.co.uk reports.

Knowles, who wed the rapper in April, admits being part of a superstar couple is tough. But she insists she loves the pair's testing relationship, and would be "bored" without a headstrong husband.

METRO NEWS SERVICES

Richie makes Joel go on diet

RELATIONSHIPS Nicole Richie has put her boyfriend Joel Madden on a diet, femalefirst.co.uk reports.

The reality TV star, who has a 10-month-old daughter Harlow with Madden, has reportedly banned the Good Charlotte rocker from eating calorific foods because he has piled on the pounds since becoming a father in January.

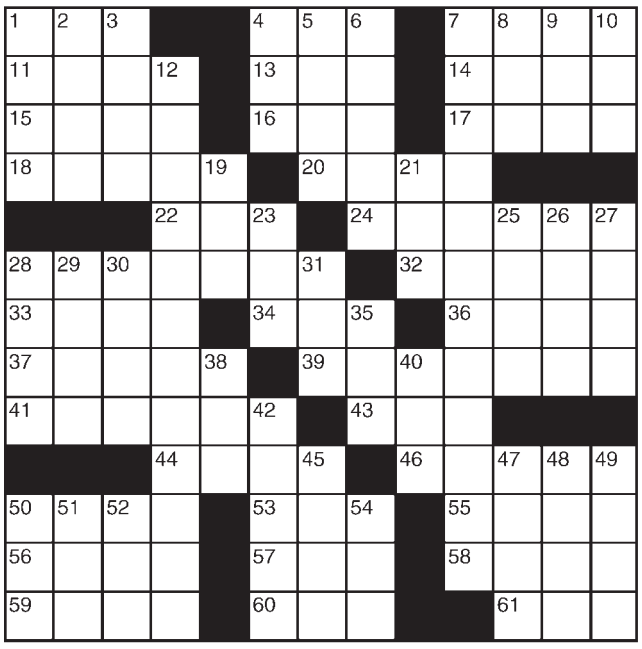
METRO NEWS SERVICES

Today Partly Cloudy -4 C / -8 C
Tuesday Partly Cloudy 0 C / -11 C
Wednesday Sunny 3 C / -1 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Emotional one?
4 Watch chain
7 Pop duo, — and Jeremy
11 Magnificent tale
13 Nev. neighbor
14 Firetruck necessity
15 Opulent
16 Actor McBride
17 Church section
18 Recovery regimen
20 Cold War initials
22 Like 20-Across
24 Brunei bigwig
28 Hot water tanks
32 Liberace's instrument
33 Con
34 Assenter's vote
36 Sea eagle
37 Superman comparison
39 DeNiro's "Analyze This" co-star
41 Glum
43 — -jongg
44 Clarinet insert
46 Skewered entree
50 Nil
53 Have a bug
55 Therefore
56 State with certainty
57 Weep
58 Roman lyre player
59 Menial toiler
60 Golf prop
61 Apply lightly

Crossword down

1 Frau's mister
2 "... blackbirds, baked in —"
3 St. with two peninsulas
4 Govt. agcy.
5 Hawaiian island
6 Great joy
7 "Two and a Half Men" actor
8 Bound
9 Donkey
10 Ruby or Sandra
12 Snoopy's owner
19 Spelling contest
21 Dine
23 Parched
25 Bakery offering
26 Kournikova of tennis
27 Christmas refrain
28 Low voice
29 Aware of
30 Detail
31 Moment
35 Branch
38 Shelter
40 Tibetan critter
42 Do a double take
45 Catastrophic
47 Raised
48 Taj Mahal city
49 Nitwit
50 Use a ray gun
51 She raised Cain
52 Kanga's kid
54 Caustic solution

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4	7	9			6		
	3			4		1		
	1		3		6			
			5				3	
4			1		8			5
	9				2			
			8		3		2	
		8		7			5	
		1			9	4	6	

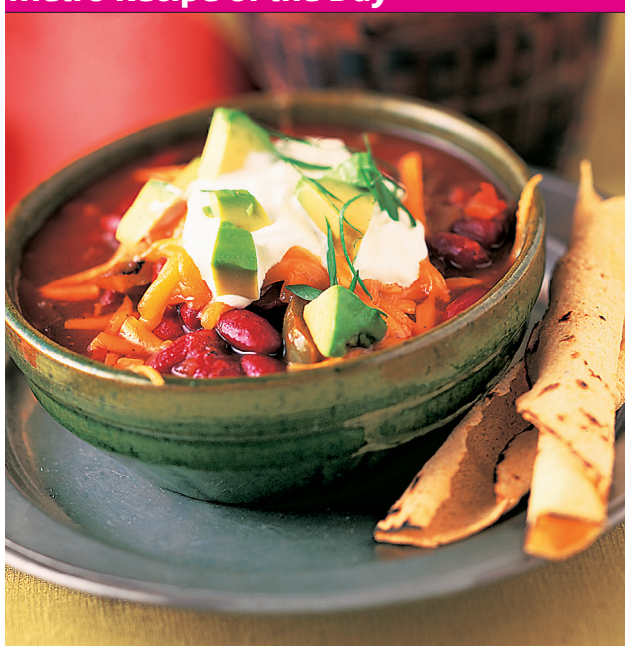
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

C	A	W	E	D	■	Y	A	M	■	B	E	G
A	G	A	P	E	■	A	L	E	■	E	M	U
P	O	L	E	R	■	W	A	L	L	A	C	E
■	■	L	E	M	A	N	S	■	E	K	E	S
M	A	O	■	A	B	E	■	A	S	S	E	T
A	L	P	S	■	O	R	A	L	S	■	■	■
R	A	S	P	E	D	■	F	L	O	W	E	R
■	■	■	I	D	E	S	T	■	N	A	V	E
R	E	T	R	O	■	P	E	W	■	L	E	D
A	R	I	A	■	C	E	R	E	A	L	■	■
W	A	L	L	O	O	N	■	A	B	A	T	E
E	S	T	■	R	I	D	■	R	U	B	I	N
R	E	S	■	E	L	S	■	S	T	Y	L	E

6	3	4	1	8	7	2	5	9
9	8	5	3	4	2	6	7	1
7	2	1	5	6	9	4	3	8
8	9	2	6	7	5	1	4	3
4	6	7	8	1	3	9	2	5
1	5	3	9	2	4	7	8	6
2	1	9	7	3	8	5	6	4
5	7	8	4	9	6	3	1	2
3	4	6	2	5	1	8	9	7

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Chili Beef Pots with Cheese

INGREDIENTS:
1 lb (500 g) lean ground beef
1 large onion, finely chopped
1 large green or red bell pepper, seeded and finely chopped
2 large garlic cloves, crushed
1 large can (400 g) chopped tomatoes
2/3 cup (150 mL) beef stock
1 large can (420 g) red kidney beans, drained and rinsed
1/2 tsp (2 mL) chili powder
1/2 tsp (2 mL) ground cumin
1/4 tsp (1 mL) ground cinnamon
Salt and freshly ground black pepper
1/2 cup (125 mL) old cheddar, grated

TO SERVE:
Sour cream
Diced avocado
Chopped fresh coriander leaves
Soft flour tortillas, warmed

METHOD:
1. Put ground beef in a large, dry frying pan and brown over medium heat, for about 4–5 minutes.
2. Add onion, bell pepper and garlic and cook 5 minutes until onion is softened. Stir in tomatoes, stock, beans and spices. Bring to boil, then reduce heat and simmer for 20 minutes. Season to taste.
3. Ladle hot chili into individual bowls and sprinkle with cheese.
4. Serve topped with sour cream, diced avocado and chopped coriander, with warmed tortillas on the side.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Frustration arises when confirming details of a message. Good humour is damaged by disagreements. Someone is at odds with your nature.

TAURUS ♉
APRIL 21-MAY 21
Confusion about a close friend is tiring. Don't lend or borrow money. Emotional patterns are obvious concerning a family quarrel.

GEMINI ♊
MAY 22-JUNE 21
Don't rush into a romantic fantasy. An adviser has a positive impact on your decisions. People comment on how lenient you are.

CANCER ♋
JUNE 22-JULY 22
A family member suggests better arrangements. People's problems interfere with communications. A buddy wants to do something special.

LEO ♌
JULY 23-AUG 23
If Fate throws you a lemon — make lemonade. Focus on a goal for a job-related task. The least likely person will make you happy.

VIRGO ♍
AUG 24-SEPT 22
A foolish schemer is amusing, for a change. Set your boundaries firmly in place. Look within to make a personal discovery.

LIBRA ♎
SEPT 23-OCT 23
Refuse to be intimidated by a loved one. The intensity of tension leads to snippy remarks. A friend's depression is worsening.

SCORPIO ♏
OCT 24-NOV 22
Something peculiar causes the interception of a message. Don't hide your head in the sand. A late night chat gives a satisfying sleep.

SAGITTARIUS ♐
NOV 23-DEC 21
Falling madly in love is a viable option. Money is recovered in unexpected ways. All will be well with an ailing person.

CAPRICORN ♑
DEC 22-JAN 20
Don't expect a simple resolution to your doubts. A contemptuous person starts asking probing questions. Beneficial events develop in obscurity.

AQUARIUS ♒
JAN 21-FEB 18
Everything works out as planned. Affection brings good cheer and renewed energy. An offensive person suffers humiliation.

PISCES ♓
FEB 19-MARCH 20
Why the fittest survive will become clear. You don't want to know the ugly truth. Flee from an over-confident idealist.

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